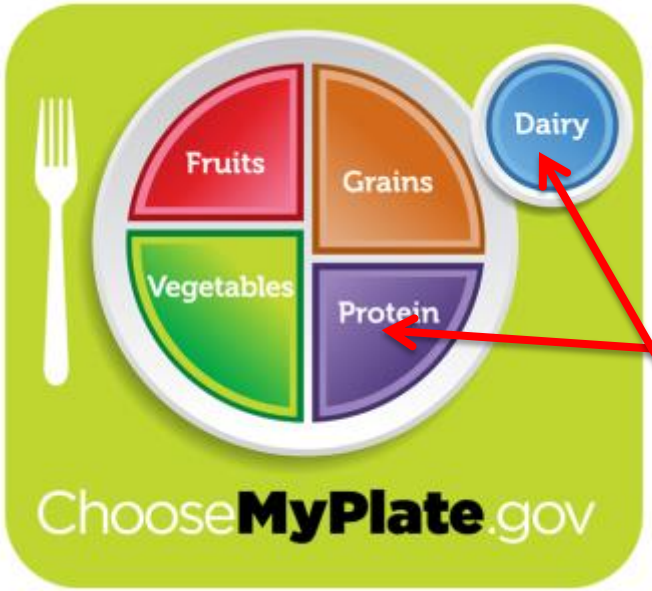
School Nutrition Programs
Maine Department of Education

Crediting Meal Components: Are You Doing It Correctly?

Sarah Platt, RD, SNS
Maine Department of Education
Child Nutrition
Fall Informational Meeting 2015

Food Based Menu Planning



<u>5 food components in School Meals:</u>

- Grains
- Meat/Meat Alternate
- Fruits
- Vegetables
- Fluid Milk

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What Is Crediting?

Crediting = determining the actual amount of a food component in a food product.

Creditable amount = oz eq

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Why Crediting Matters

Ensures students are receiving correct nutrients in sufficient amounts

Fiber
B Vitamins
Folate
Iron

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Meal Pattern Contribution Requirement

- Document how foods offered credit toward the meal pattern requirements
- Document in one of the following places:
  - In recipes
  - On production records
  - In a separate document

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Resources for Crediting

- Food Buying Guide
- CN Label/Product Manufacturer Statement
- USDA Foods Fact Sheets
- Nutrition Fact Label & Ingredient List
- USDA Standardized Recipes
- Exhibit A – for grains

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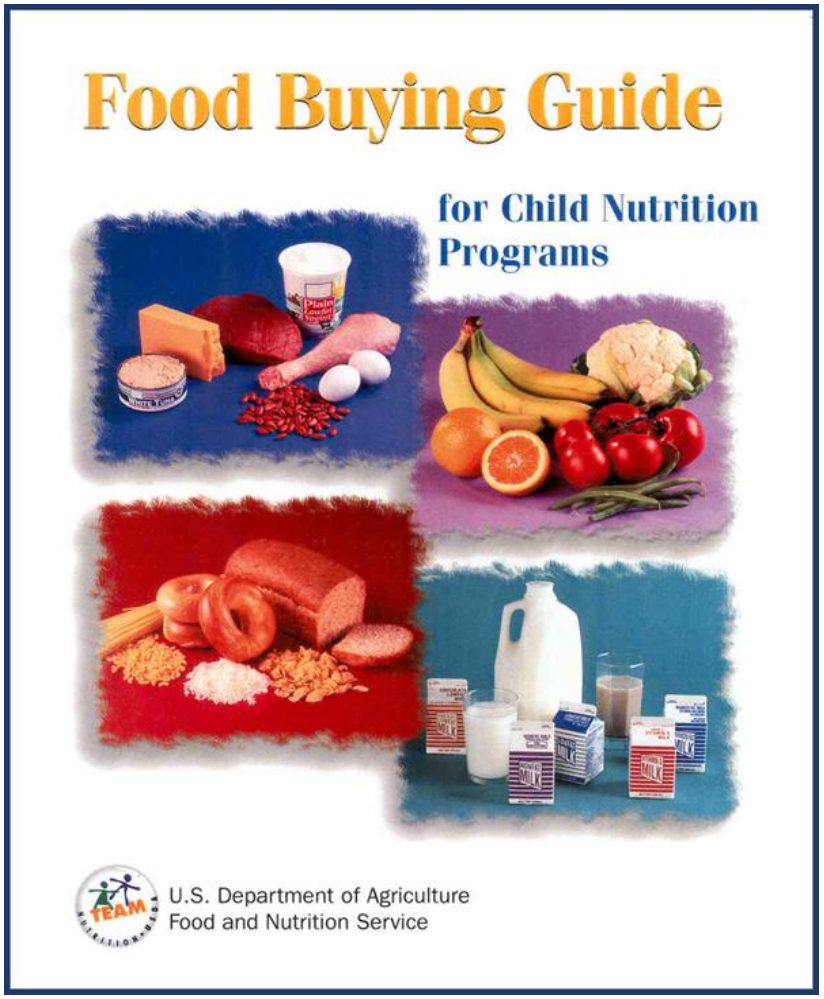
Food Buying Guide



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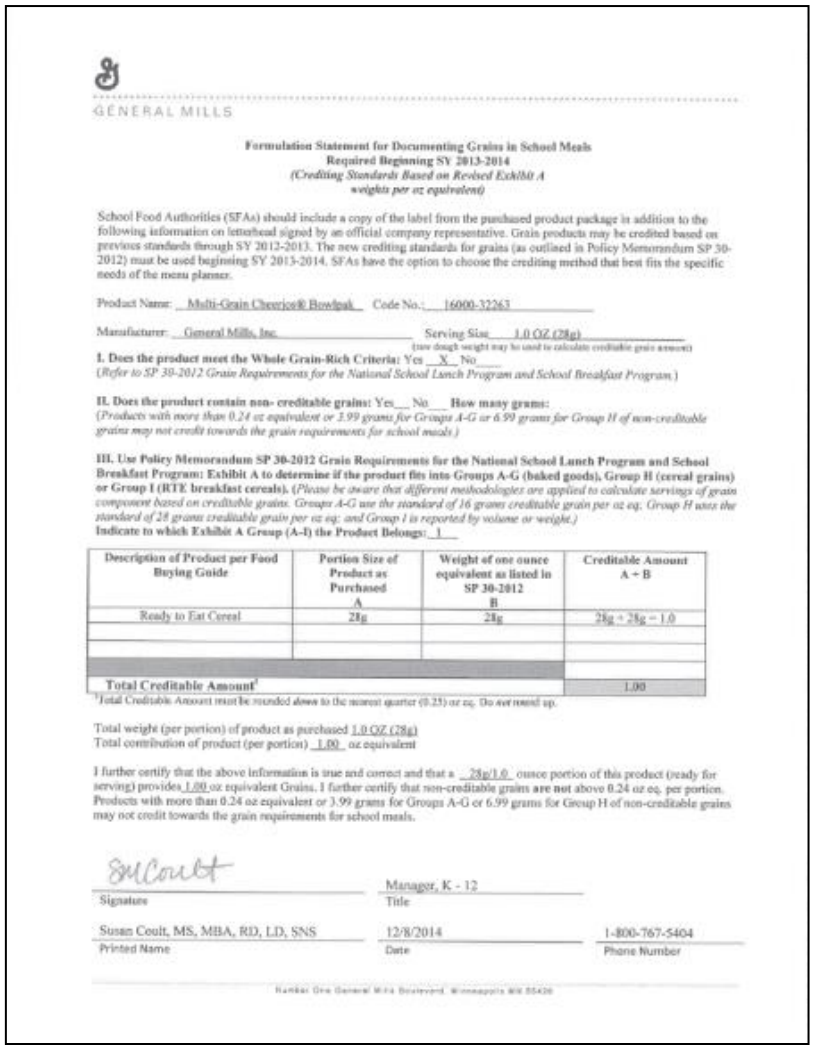
Manufacturers Specification Sheet or Child Nutrition (CN) Label



GENERAL MILLS

Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Revised Exhibit A
weights per oz equivalent)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Multi-Grain Cheerios® Bowlpak Code No.: 16000-32263

Manufacturer: General Mills, Inc. Serving Size 1.0 OZ (28g)
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non- creditable grains: Yes No **How many grams:**
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*
Indicate to which Exhibit A Group (A-I) the Product Belongs: I

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
Ready to Eat Cereal	28g	28g	28g ÷ 28g = 1.0
Total Creditable Amount[1]			1.00

[1]Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 1.0 OZ (28g)
Total contribution of product (per portion) 1.00 oz equivalent

I further certify that the above information is true and correct and that a 28g/1.0 ounce portion of this product (ready for serving) provides 1.00 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Signature	Title	
Susan Coult, MS, MBA, RD, LD, SNS	12/8/2014	1-800-767-5404
Printed Name	Date	Phone Number

Number One General Mills Boulevard, Minneapolis MN 55426

CN

XXXXXX*

One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)

CN CN

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Use Caution!

Reel in more meal participation.

Ham & Cheese Goldfish Sandwich

- 72% of school foodservice directors surveyed said serving *Goldfish*® bread instead of traditional bread would increase student lunch participation[1]
- Unlock the power of the *Goldfish* brand
  - *Goldfish* is the #1 favorite snack cracker among kids 8 to 10[2]
  - Brand awareness for *Goldfish* is at 95%[2]
- Create excitement with a brand your students love and parents trust while meeting school nutrition requirements
- Two slices (43g) meet USDA guidelines for 1 bread/grain meal contribution

Use *Goldfish*® bread to create cost-friendly menu solutions.

Egg and Ham Breakfast *Goldfish* Sandwich
Scrambled eggs topped with a lean slice of ham between two halves of Whole Wheat *Goldfish* bread.

Grilled Cheese *Goldfish* Sandwich
Grilled Cheese is given a new look with American cheese melted between two halves of Whole Wheat *Goldfish* bread.

For more cost-effective menu solutions meeting USDA reimbursable and nutritional requirements, visit www.campbellfoodservice.com.

Nutrition Information

Variety	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	% Calories from Fat	Sat. Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium (% DV)	Iron (% DV)
Whole Wheat	2 slices (43g)	100	15	1.5	15	0.5	5	0	0	170	21	4	3	5	6	10
Honey Whole Wheat	2 slices (43g)	100	15	1.5	15	0.5	5	0	0	170	20	4	3	4	6	10

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USDA Foods Fact Sheets

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

USDA FOODS
HEALTHY CHOICES
AMERICAN GROWN

100184—Ham, 97% Fat Free, Cooked, Water-Added, Whole

Category: Meat/Meat Alternate

ChooseMyPlate.gov

PRODUCT DESCRIPTION

This item is a 97% fat free, water-added cured ham. This is a fully-cooked item that is shipped frozen. This product is delivered in cases containing four 10-pound hams.

CREDITING/YIELD

- One case of ham provides about 525 1.22 ounce portions of ham.
- CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Whole ham can be glazed and served as a main entrée or used as a protein component in dishes such as ham and potato soup, split pea

NUTRITION FACTS

Serving size: 1.22 ounce (34 g)/1 MMA ham, reduced-sodium

Amount Per Serving	
Calories	37
Total Fat	2g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	18mg
Sodium	232mg
Total Carbohydrate	2g
Dietary Fiber	0g
Sugars	1g
Protein	5g

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Nutrition Facts Label & Ingredient List

Nutrition Facts

Serving Size 2 Waffles (70g)

Amount Per Serving	Per Serving	Per Waffle
Calories	140	70
Calories from Fat	20	10
	% Daily Value*	
Total Fat 2.5g	**4%**	**2%**
Saturated Fat 0.5g	**3%**	**1%**
Trans Fat 0g		
Cholesterol 0mg	**0%**	**0%**
Sodium 410mg	**17%**	**9%**
Potassium 100mg	**3%**	**1%**
Total Carbohydrate 27g	**9%**	**5%**
Dietary Fiber 3g	**11%**	**5%**
Sugars 3g		
Other Carbohydrate 21g		
Protein 4g		
Vitamin A	20%	10%
Vitamin C	0%	0%
Calcium	10%	4%
Iron	20%	10%
Thiamin	20%	10%
Riboflavin	20%	10%
Niacin	20%	10%
Vitamin B_6	20%	10%
Folic Acid	8%	4%
Vitamin B_{12}	20%	10%
Phosphorus	20%	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B_1], RIBOFLAVIN [VITAMIN B_2], FOLIC ACID), WHOLE WHEAT FLOUR, WHEAT BRAN, EGG WHITES, SUGAR, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, NONFAT DRY MILK, NATURAL FLAVORS, CALCIUM CARBONATE, POLYGLYCEROL ESTERS OF FATTY ACIDS, MALT FLAVORING, MODIFIED CORN STARCH, WHEY, SOY LECITHIN, VITAMIN A PALMITATE, GUAR GUM, NIACINAMIDE, REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B_1), PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), RIBOFLAVIN (VITAMIN B_2), CALCIUM PANTOTHENATE, FOLIC ACID, VITAMIN B_{12}.

CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.

Exchange (per serving): 2 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NLI#04810

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USDA Standardized Recipes

Macaroni and Cheese

Meat/Meat Alternate-Grains/Breads — Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil.
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 ¼ cups	5 lb 4 oz	1 gal 2 ⅓ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
Instant nonfat dry milk, reconstituted		3 qt		1 gal 2 qt	3. Quickly stir milk into macaroni. Add margarine or butter and seasonings.
Margarine or butter (cut into small cubes)	8 oz	1 cup	1 lb	2 cups	
Dry mustard		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Cheese blend of American and skim milk cheeses, shredded	6 lb 4 oz	1 gal 2 ¼ qt	12 lb 8 oz	3 gal 2 cups	4. Add the cheese and stir until the cheese is melted and the mixture is smooth. The mixture is quite liquid at this stage. CCP: Heat to 140° F or higher.
					5. Pour macaroni and cheese mixture into steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Hold for 30 minutes on a 180-190° F steamtable to allow sufficient time for mixture to set up properly.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (⅔ cup).

SERVING:	YIELD:	VOLUME:
⅔ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.	**50 Servings:** 2 steamtable pans	**50 Servings:** about 2 gallons

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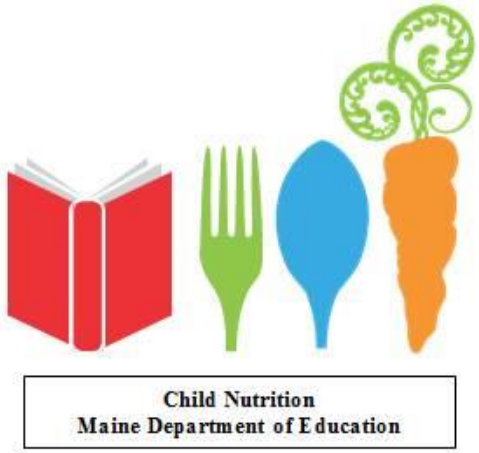
Exhibit A: Grain Chart

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS[1, 2]

GROUP A	OZ EQ FOR GROUP A
• Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing.	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	**OZ EQ FOR GROUP B**
• Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers[4] (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn)	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	**OZ EQ FOR GROUP C**
• Cookies [3] (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meat/meat alternate pies) • Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

[1] The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

GROUP D	OZ EQ FOR GROUP D
• Doughnuts[4] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[4] (plain) • Muffins (all, except corn) • Sweet roll[4] (unfrosted) • Toaster pastry[4] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	**OZ EQ FOR GROUP E**
• Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[4] (frosted) • Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	**OZ EQ FOR GROUP F**
• Cake[3] (plain, unfrosted) • Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	**OZ EQ FOR GROUP G**
• Brownies [3] (plain) • Cake [3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	**OZ EQ FOR GROUP H**
• Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)[5, 6] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	**OZ EQ FOR GROUP I**
• Ready to eat breakfast cereal (cold, dry) [5, 6]	1 oz eq = 1 cup or 1 ounce for flakes and rounds



Crediting M/MA

Crediting Meat/Meat Alternate

UNPROCESSED ITEMS

- Refer to the Food Buying Guide

PROCESSED ITEMS

- Use a CN label or a manufacturer's product specification sheet
- USDA Food Fact Sheet
- Refer to the Food Buying Guide

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Meat/Meat Alternate

- 0.25 oz eq is the smallest creditable amount

ROUND DOWN

2.03 → 2.00 oz eq

.24 → 0 oz eq

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Unprocessed Items: Raw vs. Cooked

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Food Buying Guide

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF GROUND fresh or frozen[7, 8] *(continued)*					
Beef, Ground, fresh or frozen[7, 8] *no more than 26% fat (Like IMPS #136)*	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Beef, Ground, fresh or frozen[7, 8] *no more than 24% fat (Like IMPS #136)*	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
Beef, Ground, fresh or frozen[7, 8] *no more than 20% fat Includes USDA Commodity (Like IMPS #136)*	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	

Example: Crediting Unprocessed M/MA

Beef Taco Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Ingredients	50 Servings	
	Weight	Measure
Raw ground beef (no more than 20% fat)	5 lb 14 oz	
Taco seasoning mix	6 oz	1 cup
Water		2 ½ cups
Canned salsa	2 lb 3 oz	1 qt ¼ cup (⅓ No. 10 can)
Canned tomato puree	2 lb 6 oz	1 qt ¼ cup (⅓ No. 10 can ¾ cup)
Water		1 qt
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		40 each
Reduced fat Cheddar cheese, shredded	2 lb	2 qt

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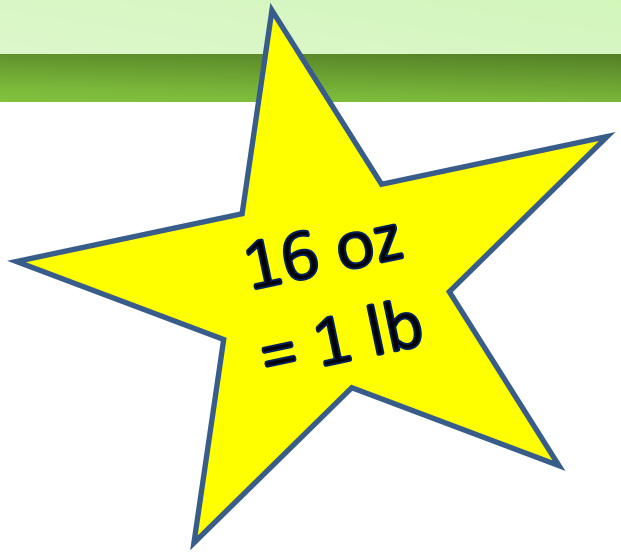
Example: Crediting Unprocessed M/MA

Recipe:

5 lbs 14 oz RAW ground beef



1) Convert to ounces:

5lbs x 16oz = 80 oz + 14 oz= **94 oz Raw Product**

2) Use Food Buying Guide for edible portion or after cooked weight

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Food Buying Guide

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF GROUND fresh or frozen[7, 8] *(continued)*					
Beef, Ground, fresh or frozen[7, 8] *no more than 26% fat (Like IMPS #136)*	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Beef, Ground, fresh or frozen[7, 8] *no more than 24% fat (Like IMPS #136)*	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
Beef, Ground, fresh or frozen[7, 8] *no more than 20% fat Includes USDA Commodity (Like IMPS #136)*	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	

Example: Crediting Unprocessed M/MA

Ground Beef:

94 oz Raw Product

x 0.74

69.56 ounces COOKED

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Crediting Unprocessed M/MA

Reduced Fat Cheddar Cheese:

- 2 lbs cheese x 16 = **32 ounces**

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Crediting Unprocessed M/MA

32.00 oz cheese
+ 69.56 oz cooked ground beef
101.56 oz M/MA in the recipe

- 101.56 total oz / 50 servings = 2.03 oz M/MA per serving
- Round down to 2 oz eq

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Processed M/MA

2 oz

2 oz

2 oz

≠

2 oz eq

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Processed M/MA: Food Buying Guide

Seafood, FISH STICKS, frozen[34, 38]					
Seafood, frozen **Fish Sticks**[34] *Fried breaded (60 percent fish)*[38] *(Not from minced fish)* *1 oz stick*	Pound	16.0	1 stick (about 0.5 oz cooked fish)	6.3	1 lb AP = 0.49 lb cooked fish
	Pound	8.00	2 sticks (about 1.0 oz cooked fish)	12.5	
	Pound	5.33	3 sticks (about 1.5 oz cooked fish)	18.8	
	Pound	4.00	4 sticks (about 2.0 oz cooked fish)	25.0	
Seafood, frozen **Fish Sticks**[34] *Raw breaded (72 percent fish)* *(Not from minced fish)* *1 oz stick*	Pound	16.0	1 stick (about 0.6 oz cooked fish)	6.3	1 lb AP = 0.56 lb cooked fish
	Pound	8.00	2 sticks (about 1.1 oz cooked fish)	12.5	
	Pound	5.33	3 sticks (about 1.7 oz cooked fish)	18.8	
	Pound	4.00	4 sticks (about 2.2 oz cooked fish)	25.0	

Processed M/MA: USDA Food Fact Sheets

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

USDA FOODS
HEALTHY CHOICES
AMERICAN GROWN

100184—Ham, 97% Fat Free, Cooked, Water-Added, Whole

Category: Meat/Meat Alternate

Choose MyPlate.gov

PRODUCT DESCRIPTION

This item is a 97% fat free, water-added cured ham. This is a fully-cooked item that is shipped frozen. This product is delivered in cases containing four 10-pound hams.

CREDITING/YIELD

- One case of ham provides about 525 1.22 ounce portions of ham.
- CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Whole ham can be glazed and served as a main entrée or used as a protein component in dishes such as ham and potato soup, split pea

NUTRITION FACTS

Serving size: 1.22 ounce (34 g)/1 MMA ham, reduced-sodium

Amount Per Serving	
Calories	37
Total Fat	2g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	18mg
Sodium	232mg
Total Carbohydrate	2g
Dietary Fiber	0g
Sugars	1g
Protein	5g

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Processed M/MA: CN Label

25445

0.8

Jimmy Dean

Fully Cooked Mild Pork Sausage Skinless Links

INGREDIENTS: PORK, WATER, CONTAINS 2% OR LESS OF: SALT, DEXTROSE, SPICES, SODIUM PHOSPHATES, SUGAR.

CN

077571

CN Two 0.8 oz. Fully Cooked Mild Pork Sausage Skinless Links provide 0.75 oz. equivalent meat for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 04-10.) CN

CN

100 77900 25445 8

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST.315A

NET WT 10 LB (4.53 kg)

Nutrition Facts

Serving Size 2 cooked links (45g)
Servings Per Container 100

Amount Per Serving	
Calories 170	Calories from Fat 140
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 380mg	**16%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 6g	
Vitamin A 0% •	Vitamin C 0%
Calcium 2% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Keep Frozen

FOR FOODSERVICE USE

HEATING INSTRUCTIONS

Preparation Directions:
For best results cook sausage from frozen state. Due to variances in cooking equipment time and/or temperature may need adjustment.

Grill:
Preheat grill to 350˚F. Cook 12-14 minutes, turning occasionally.

Convection Oven:
Preheat oven to 375˚F. Cook 12-14 minutes, turning halfway through cooking time.

Sara Lee, Downers Grove, IL 60515 USA
© 2010 Sara Lee Corporation
www.saraleefoodservice.com
1-800-261-4754

199525

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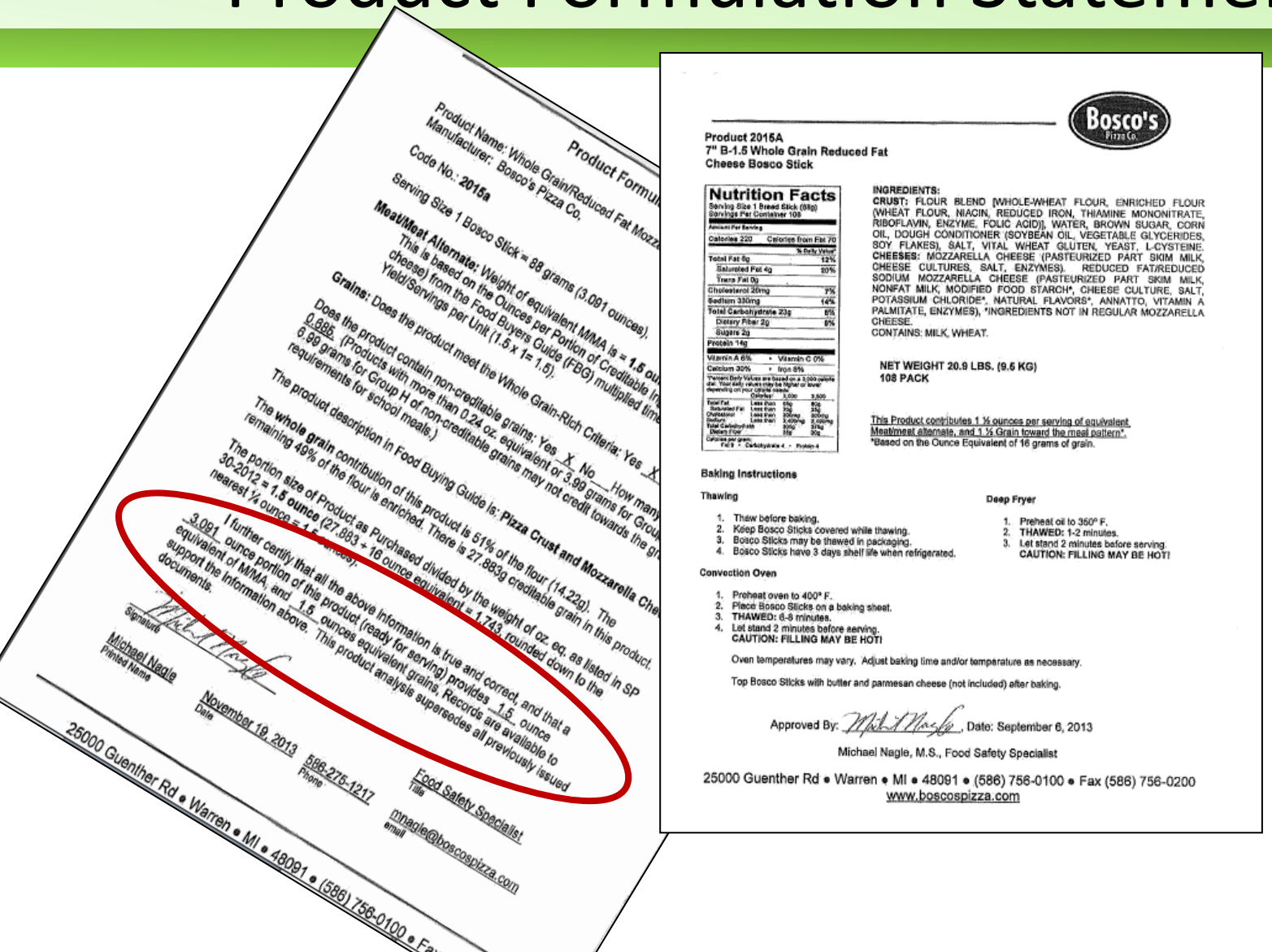
Processed M/MA:
Product Formulation Statement



Product Name: Whole Grain/Reduced Fat Mozz
Manufacturer: Bosco's Pizza Co.
Code No.: **2015a**
Serving Size 1 Bosco Stick = 88 grams (3.091 ounces).
Meat/Meat Alternate: Weight of equivalent M/MA is = **1.5 ou**
This is based on the Ounces per Portion of Creditable In
Food Buyers Guide (FBG) multiplied tim
cheese) from the
Yield/Servings per Unit (1.5 x 1= 1.5).
Grains: Does the product meet the Whole Grain-Rich Criteria: Yes X No How many
Does the product contain non-creditable grains: Yes X No
0.686. (Products with more than 0.24 oz. equivalent or 3.99 grams for Grou
6.99 grams for Group H of non-creditable grains may not credit towards the gr
requirements for school meals.)
The product description in Food Buying Guide is: **Pizza Crust and Mozzarella Che**
The **whole grain** contribution of this product is 51% of the flour (14.22g). The
remaining 49% of the flour is enriched. There is 27.883g creditable grain in this product.
The portion size of Product as Purchased divided by the weight of oz. eq. as listed in SP
30-2012 = **1.5 ounce** (27.883 ÷ 16 ounce equivalent = 1.743, rounded down to the
nearest ¼ ounce = 1.5 ounces).
3.091 ounce portion of this product (ready for serving) provides 1.5 ounce
equivalent of M/MA, and 1.5 ounces equivalent grains. Records are available to
support the information above. This product analysis supersedes all previously issued
documents.
Signature
Michael Nagle
Printed Name
November 19, 2013
Date
586-276-1217
Phone
Food Safety Specialist
Title
mnagle@boscospizza.com
email
25000 Guenther Rd • Warren • MI • 48091 • (586) 756-0100 • Fa

Bosco's Pizza Co.

Product 2015A
7" B-1.5 Whole Grain Reduced Fat Cheese Bosco Stick

Nutrition Facts
Serving Size 1 Bread Stick (88g)
Servings Per Container 108

Amount Per Serving	
Calories 220	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 330mg	14%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 14g	
Vitamin A 6% • Vitamin C 0%	
Calcium 30% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:
CRUST: FLOUR BLEND (WHOLE-WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID)), WATER, BROWN SUGAR, CORN OIL, DOUGH CONDITIONER (SOYBEAN OIL, VEGETABLE GLYCERIDES, SOY FLAKES), SALT, VITAL WHEAT GLUTEN, YEAST, L-CYSTEINE.
CHEESES: MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES). REDUCED FAT/REDUCED SODIUM MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, NONFAT MILK, MODIFIED FOOD STARCH*, CHEESE CULTURE, SALT, POTASSIUM CHLORIDE*, NATURAL FLAVORS*, ANNATTO, VITAMIN A PALMITATE, ENZYMES), *INGREDIENTS NOT IN REGULAR MOZZARELLA CHEESE.
CONTAINS: MILK, WHEAT.

NET WEIGHT 20.9 LBS. (9.6 KG)
108 PACK

This Product contributes 1 ½ ounces per serving of equivalent Meat/meat alternate, and 1 ½ Grain toward the meal pattern*.
*Based on the Ounce Equivalent of 16 grams of grain.

Baking Instructions

Thawing
1. Thaw before baking.
2. Keep Bosco Sticks covered while thawing.
3. Bosco Sticks may be thawed in packaging.
4. Bosco Sticks have 3 days shelf life when refrigerated.

Deep Fryer
1. Preheat oil to 350° F.
2. **THAWED:** 1-2 minutes.
3. Let stand 2 minutes before serving.
CAUTION: FILLING MAY BE HOT!

Convection Oven
1. Preheat oven to 400° F.
2. Place Bosco Sticks on a baking sheet.
3. **THAWED:** 6-8 minutes.
4. Let stand 2 minutes before serving.
CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and/or temperature as necessary.

Top Bosco Sticks with butter and parmesan cheese (not included) after baking.

Approved By: _____, Date: September 6, 2013

Michael Nagle, M.S., Food Safety Specialist

25000 Guenther Rd • Warren • MI • 48091 • (586) 756-0100 • Fax (586) 756-0200
www.boscospizza.com

Child Nutrition
Maine Department of Education

Crediting M/MA In A Deli Sandwich Recipe

Recipe: HS Deli Bar **# Servings: 10**

Ingredient	Amount	Serving Size	Creditable Amount M/MA Per Serving
USDA Ham	10 oz		
USDA Deli Turkey	10 oz		
USDA Fajita Chicken	10 oz		
USDA American Cheese	10 oz		
Sliced Cheddar Cheese	10 oz		

Child Nutrition
Maine Department of Education

Crediting M/MA In A Deli Bar Recipe

Recipe: HS Deli Bar **# Servings: 10**

Ingredient	Amount	Serving Size	Creditable Amount M/MA Per Serving
USDA Ham	10 oz	1 oz	
USDA Deli Turkey	10 oz	1 oz	
USDA Fajita Chicken	10 oz	1 oz	
USDA American Cheese	10 oz	1 oz	
Sliced Cheddar Cheese	10 oz	1 oz	

10 oz product / 10 servings = 1 oz per serving

Child Nutrition
Maine Department of Education

How Much M/MA in 1 oz Serving?

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100184—Ham, 97% Fat Free, Cooked, Water-Added, Whole

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is a 97% fat free, water-added cured ham. This is a fully-cooked item that is shipped frozen. This product is delivered in cases containing four 10-pound hams.

CREDITING/YIELD

- One case of ham provides about 525 1.22 ounce portions of ham.
- CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

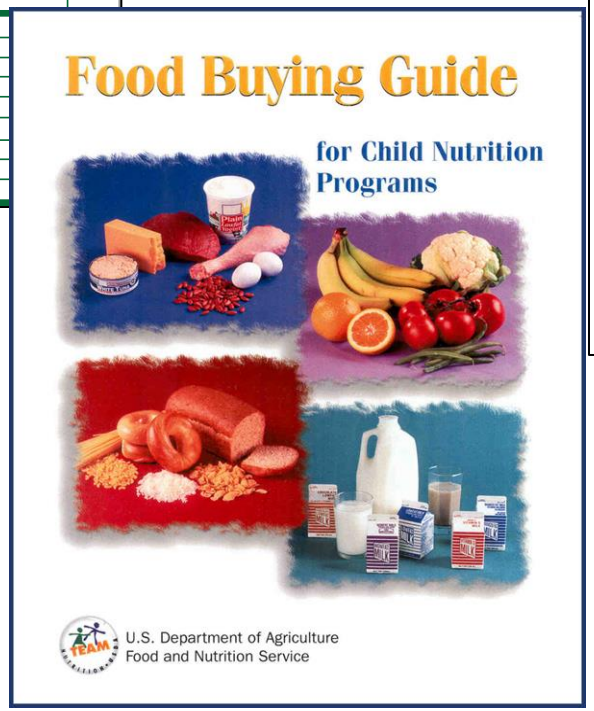
CULINARY TIPS AND RECIPES

- Whole ham can be glazed and served as a main entrée or used as a protein component in dishes such as ham and potato soup, split pea

NUTRITION FACTS

Serving size: 1.22 ounce (34 g)/1 MMA ham, reduced-sodium

Amount Per Serving	
Calories	37
Total Fat	2g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	18mg
Sodium	232mg
Total Carbohydrate	2g
Dietary Fiber	0g
Sugars	1g
Protein	5g



USDA Foods Crediting Guide 2015-2016

Item #	Meat/Meat Alternate	CN Crediting	Sodium
100134	Beef Crumbles W/Spp - 4/10 lb	1.15 oz beef crumbles = 1 ounce M/MA	109 mg
110346	100% Beef Patty, raw, 90/10 - 40 lb	One 2.8 oz beef patty = 2 ounce M/MA	53 mg
100158	Beef, Fine Ground, raw, 85/15 - 40 lb	One 1.34 oz portion = 1 M/MA	25 mg
100037	Cheese, American Blended, Skim, Sliced - 6/5 lb	1 oz cheese = 1 oz M/MA (1 oz is 2 slices)	300 mg
100019	Cheese, American White, Sliced - 6/5 lb	1 oz cheese = 1 oz M/MA (1 oz is 2 slices)	270 mg
110396	Cheese, Mozzarella, Part Skim, String - 360/1 Oz	each stick = 1 oz M/MA	200 mg
100021	Cheese, Mozzarella, Part Skim Shredded - 30lb	1 oz cheese = 1 oz M/MA	170 mg
100011	Cheese, Cheddar, RF, White, Shredded - 6/5 lb	1 oz cheese = 1 oz M/MA	200 mg
100101	Chicken, Diced - 40 lb	1 oz diced, chicken meat = 1 oz M/MA	13 mg
100117	Chicken, Fajita Strips - 30 lb	1.8 oz chicken fajita strips = 1 oz M/MA	292 mg
110462	Chicken, Unseasoned Strips - 30lb	1.25 oz unseasoned chicken strips = 1 oz M/MA	88 mg
110080	Chicken, Oven Roasted -30 lb	1 piece = 2 oz M/MA	200 mg
100046	Eggs, Pasteurized - 6/5 lb	1 large egg (1¾ oz liquid egg) = 2 oz M/MA	66 mg
100187	Ham, Cooked, Water Added, Sliced - 8/5 lb	1.22 oz sliced ham = 1 oz M/MA	366 mg
100188	Ham, Cubed, Water Added - 4/10 Or 8/5 lb	1.22 oz diced ham = 1 oz M/MA	366 mg
100396	Peanut Butter, Smooth - 6/5 lb	2 Tbsp peanut butter = 1 oz M/MA	152 mg
100173	Pork Roast Leg - 32-40 lb	1 oz cooked pork = 1 oz M/MA	13 mg
100935	Sunflower Seed Butter, 6-5 lb	2 Tbsp sunflower butter = 1 oz M/MA	106 mg
100121	Turkey Breast, Deli - 32-48 lb	1.6 oz deli turkey = 1 oz M/MA	248 mg
100125	Turkey Roasts - 32-48 lb	1 oz cooked turkey = 1 oz M/MA	150 mg
100119	Turkey Taco Filling - 30 lb	1.95 oz turkey taco filling = 1 oz M/MA	150 mg
Item #	**GRAINS**	**CN Crediting**	**Sodium**
110501	Macaroni, Whole Grain Blend, 20 lb	1/2 cup cooked or 1 oz dry	0 mg
110393	Pancakes, Whole Wheat - 144 Count	1 pancake	130 mg
100500	Rice, Brown Long Parboiled - 24/2 lb	1/2 cup cooked	5 mg
110394	Tortilla, Whole Wheat, 8" - 12/24	1 tortilla	340 mg
Item #	**FRUIT**	**CN Crediting**	**Sodium**
100206	Apple Slices, Unsweetened, Canned - 6/#10	1/2 cup apple (drained) or apple & juice	10 mg
110541	Applesauce, Unsweetened, Canned - 6/#10	1/2 c applesauce	2 mg
110361	Applesauce, Unsweetened, Cups - 96/4.5 Oz	One 4.5 oz unit	2 mg
100243	Blueberry, Wild, Frozen - 30 lb	1/2 cup thawed, ready-to-serve blueberries	1 mg

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Crediting M/MA In A Deli Bar Recipe

Recipe: HS Deli Bar **# Servings: 10**

Ingredient	Amt	Amount Per Serving	Divide by Conversion Factor	Creditable Amount M/MA per Serving
USDA Ham	10 oz	1 oz	/1.22	= .81
USDA Deli Turkey	10 oz	1 oz	/1.6	=.625
USDA Fajita Chicken	10 oz	1 oz	/1.8	=.55
USDA American Cheese	10 oz	1 oz	/1	=1
Sliced Cheddar Cheese	10 oz	1 oz	/1	=1

Use USDA Fact Sheets or Food Buying Guide

Child Nutrition
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Crediting M/MA In A Deli Bar Recipe

Recipe: HS Deli Bar **# Servings: 10**

Ingredient	Amt	Amount Per Serving	Divide by Conversion Factor	Creditable Amount M/MA per Serving
USDA Ham	10 oz	1 oz	/ 1.22	= .81 = .75 oz eq
USDA Deli Turkey	10 oz	1 oz	/ 1.6	= .625 = .5 oz eq
USDA Fajita Chicken	10 oz	1 oz	/ 1.8	= .55 = .5 oz eq
USDA American Cheese	10 oz	1 oz	/ 1	= 1 oz eq
Sliced Cheddar Cheese	10 oz	1 oz	/ 1	= 1 oz eq

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Crediting M/MA In A Deli Bar Recipe

Recipe: HS Deli Bar		**# Servings: 10**		
Ingredient	Amt	**Amount Per Serving**	**Divide by Conversion Factor**	**Creditable Amount M/MA per Serving**
USDA Ham	12.2 oz	1.22 oz	/ 1.22	= 1
USDA Deli Turkey	16 oz	1.6 oz	/ 1.6	= 1
USDA Fajita Chicken	20 oz	2 oz	/ 1.8	= 1.1 = 1
USDA American Cheese	10 oz	1 oz	/ 1	= 1
Sliced Cheddar Cheese	10 oz	1 oz	/ 1	= 1

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Non-Credible M/MA Foods

Bacon

Salami

Pepperoni

Cream Cheese

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Meat Alternates (MA)

M/MA	Serving Size	Oz Eq
Nut or Seed Butter	2 TBSP	1 oz eq
Cottage Cheese	1/4 Cup	1 oz eq
Yogurt	1/2 Cup	1 oz eq
Beans	1/4 Cup	1 oz eq
Cheese	1 oz	1 oz eq
Tofu	1/4 Cup	1 oz eq

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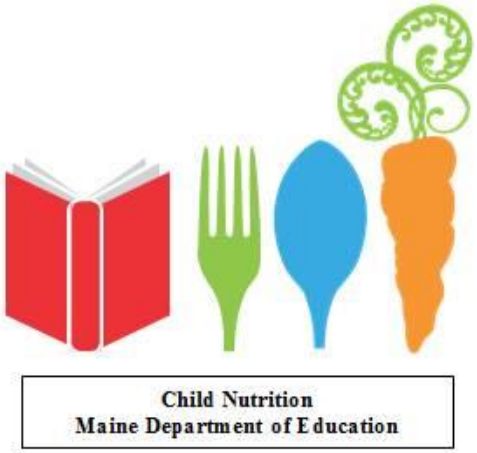

Crediting Grains

All grains offered in the School Breakfast and Lunch Programs MUST be whole Grain Rich.

Crediting Grains

Pre-Made Item

- Exhibit A (Grain Chart)
- Manufacturer's product specification sheet
- Child Nutrition (CN) label
- USDA Foods Fact Sheet

Scratch-Made Item

- Recipe – calculate total amount of creditable grain

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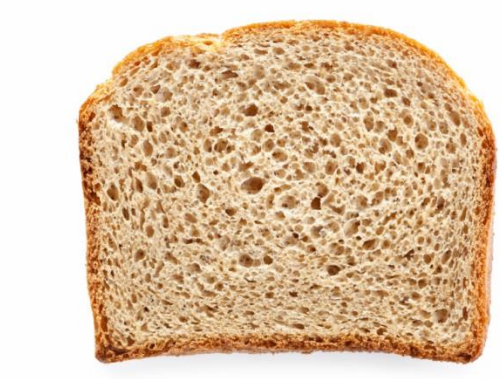
Grains

Which of these is a 1 oz eq?

.8 oz

2 oz



1 oz

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Grains

- All grains must be whole grain rich
- 0.25 oz eq is the smallest creditable amount

ROUND DOWN

1.72 → 1.5

.24 → 0

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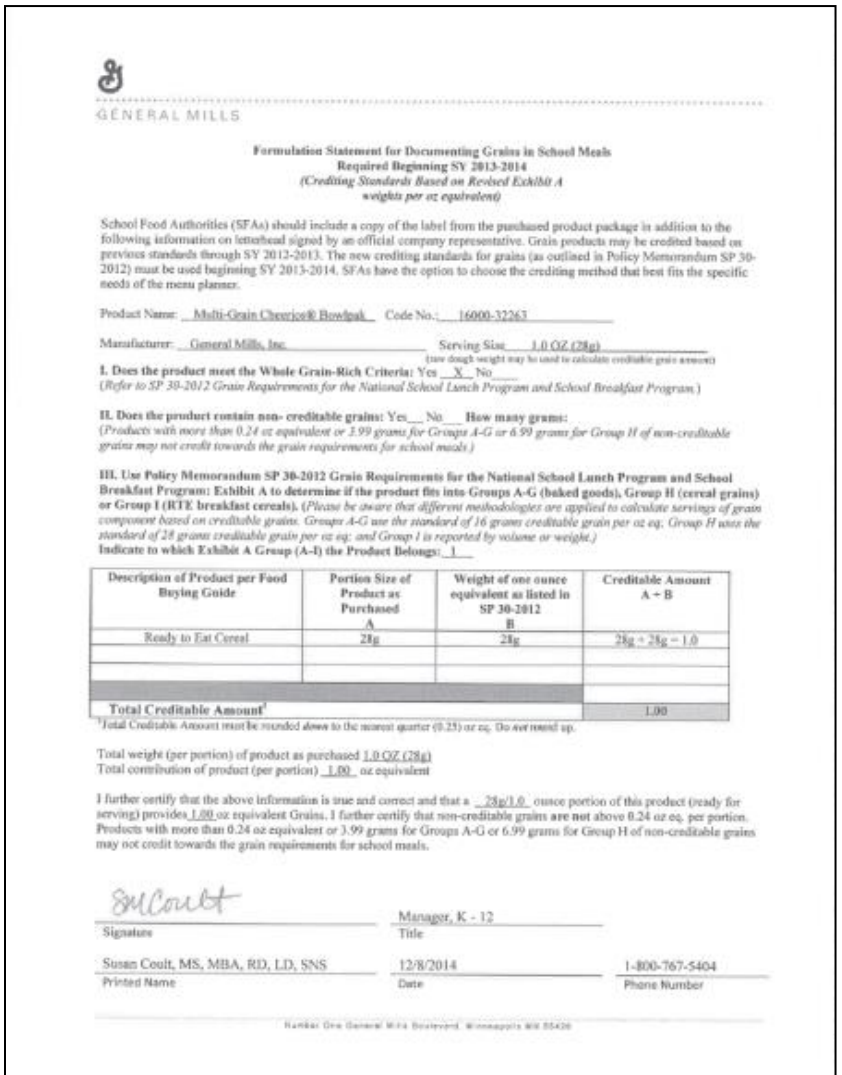
Manufacturers Specification Sheet or CN Label



GENERAL MILLS

Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Revised Exhibit A
weights per oz equivalent)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Multi-Grain Cheerios® Bowlpak Code No.: 16000-32263

Manufacturer: General Mills, Inc. Serving Size 1.0 OZ (28g)
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non- creditable grains: Yes No **How many grams:**
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*
Indicate to which Exhibit A Group (A-I) the Product Belongs: I

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
Ready to Eat Cereal	28g	28g	28g ÷ 28g = 1.0
Total Creditable Amount[1]			1.00

[1]Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 1.0 OZ (28g)
Total contribution of product (per portion) 1.00 oz equivalent

I further certify that the above information is true and correct and that a 28g/1.0 ounce portion of this product (ready for serving) provides 1.00 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Signature	Title	
Susan Coult, MS, MBA, RD, LD, SNS	12/8/2014	1-800-767-5404
Printed Name	Date	Phone Number

Number One General Mills Boulevard, Minneapolis MN 55426

CN

XXXXXX*

One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)

CN CN CN

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Maine Department of Education

Pre-Made Item: Nutrition Facts Label

Nutrition Facts

Serving Size 1 slice (35g)
Servings Per Container 32

Amount Per Serving

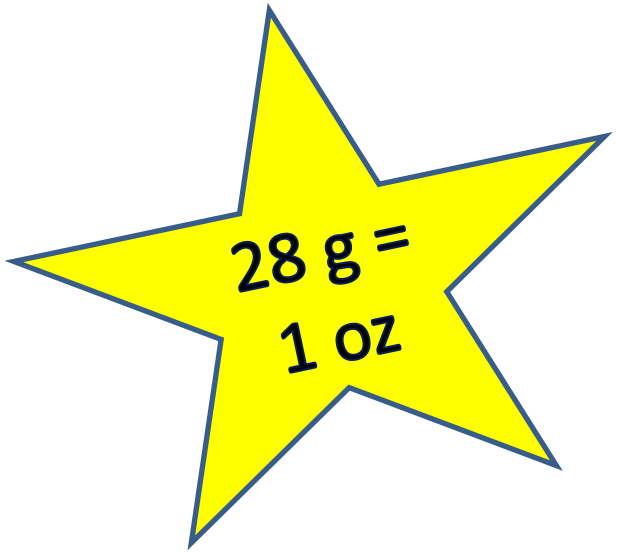
Calories 70

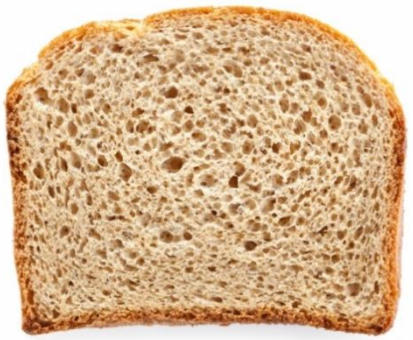
	%Daily Value*
Total Fat 0g	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 16g	**5%**
Sugars 2g	
Protein 1g	

Not a significant source of calories from fat, saturated fat, *trans* fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, iron.

* Percent Daily Values are based on a 2,000 calorie diet.

1) Find the weight/serving
2) Refer to the grain chart





Pre-Made Item: Example

GROUP B	OZ EQ FOR GROUP B
• Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers[4] (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich)	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz

Step 1: find the product in a group on the left hand side of the chart.

Step 2: look on the right hand side to determine the minimum serving size required for that product.

35g / 28g = 1.25 oz eq

Pre-Made Item: Example

2.75 oz GoodyBun®
(>51% Whole Wheat)

CODE #: 6060
UPC ITEM #: 0 91464 60600 6

Nutrition Facts

Serving Size 2.75 oz (78g)
Servings Per Container 1 Bun

Amount Per Serving

Calories 240 Calories from Fat 90

	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 3g	**12%**
Sugars 9g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 10%

Product Contribution
2 Breads
Grams of Enriched / Whole Wheat Flour: 29.64g

Ingredients
WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, SOYBEAN OIL, SUGAR, YEAST, CINNAMON, SALT, SOY FLOUR, WHEY, MONO-&DIGLYCERIDES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), NONFAT DRY MILK, YELLOW CORN FLOUR, SODIUM STEAROYL LACTYLATE, EXTRACTS OF ANNATTO AND TURMERIC, WHOLE EGGS.

GLAZE INGREDIENTS: SUGAR, WATER, CORN SYRUP SOLIDS, GLYCERINE, PROPYLENE GLYCOL, AGAR, SALT, EGG WHITES, ARTIFICIAL FLAVOR, SODIUM PROPIONATE, PALM AND HYDROGENATED PALM OIL, MONO-& DIGLYCERIDES, POLYSORBATE 60.

CONTAINS: WHEAT, MILK, EGGS AND SOY

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Pre-Made Item: Example

GROUP E	OZ EQ FOR GROUP E
• Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[4] (frosted) • Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz

- 2.75 oz sweet roll/2.4 oz = 1.14
- Round down to **1 oz eq**

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You Do It

Answer: **1 ounce grain equivalent**

Nutrition Facts

Serving Size 1 Muffin (57g)
Servings Per Container

Amount Per Serving

Calories 190 Calories from Fat 50
Calories from Saturated Fat 15

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	

1. 57 grams / 28 grams = 2.03 oz muffin
2. Group D grain chart: **1 oz eq= 2 oz muffin by weight**
3. 2.03 oz/2 oz= 1.01 oz
4. Round down to 1 oz equivalent

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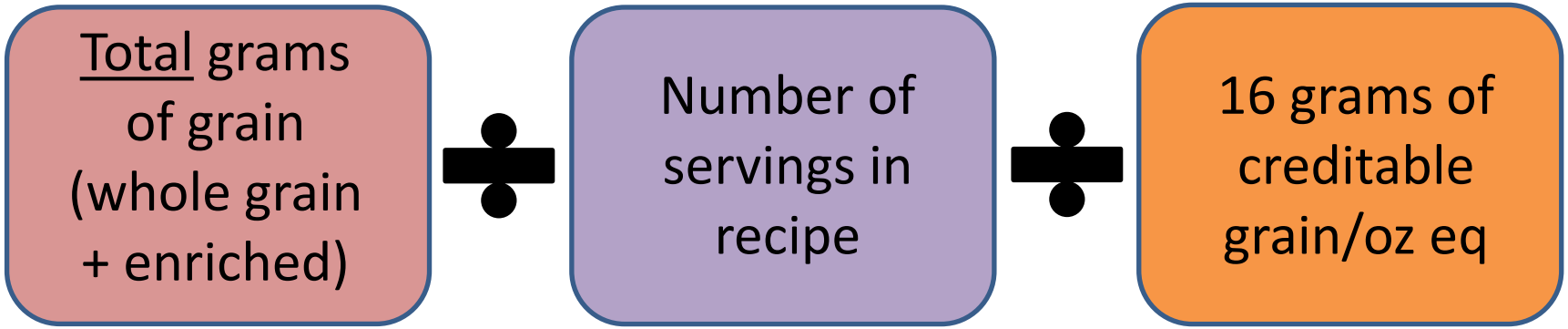
Scratch-Made: Crediting Grains

Convert grams of grain in recipe to grain oz eq/serving



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Maine Department of Education

Calculating Grains in a Recipe: Example

Recipe: 000069 Dinner Roll
Recipe Source: This is good!
Recipe Group: BREAD/ROLLS/STARCH

Alternate Recipe Name:
Number of Portions: 1120
Size of Portion: each

050391 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED....	25 LB
902416 Flour, Ultra Grain Whole Wheat White.....	30 LB
019335 SUGARS,GRANULATED.....	4 OZ
002047 SALT,TABLE.....	11 OZ
001090 MILK,DRY,WHOLE.....	2 LB + 8 OZ
050384 OIL, VEGETABLE.....	9 CUP
014429 WATER,MUNICIPAL.....	35 LB
902437 Yeast, Active Dry.....	12 OZ

Step 1: Identify the grains in the recipe and their weights

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Maine Department of Education

Calculating Grains in a Recipe: Example

Convert the amount of each enriched or whole-grain meal and/or flour, bran and/or germ ingredient in the recipe to grams. If you do not know the weight in grams of the grain you are using, here are some commonly used conversions:

- Number of *pounds* of ingredient X 453.6 grams
- Number of *ounces* of ingredient X 28.35 grams
- Number of *cups of whole wheat flour* X 120 grams
- Number of *cups of enriched white flour* X 125 grams
- Number of *cups of regular rolled oats* X 81 grams
- Number of *cups of quick-cooking oats* X 81 grams
- Number of *cups of regular cornmeal* X 122 grams

16 g Grain = 1 oz eq

Step 2: Convert pounds/ ounces of flour to grams

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Calculating Grains in a Recipe: Example

First…

25 lbs All purpose flour

+ 30 lbs Ultra Grain White Whole Wheat

55 lbs total flour

Next…

55 lbs x 453.6 grams= **24,948 grams grain**

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Calculating Grains in a Recipe: Example

- Find grams/serving
- Divide total grams by number of servings:

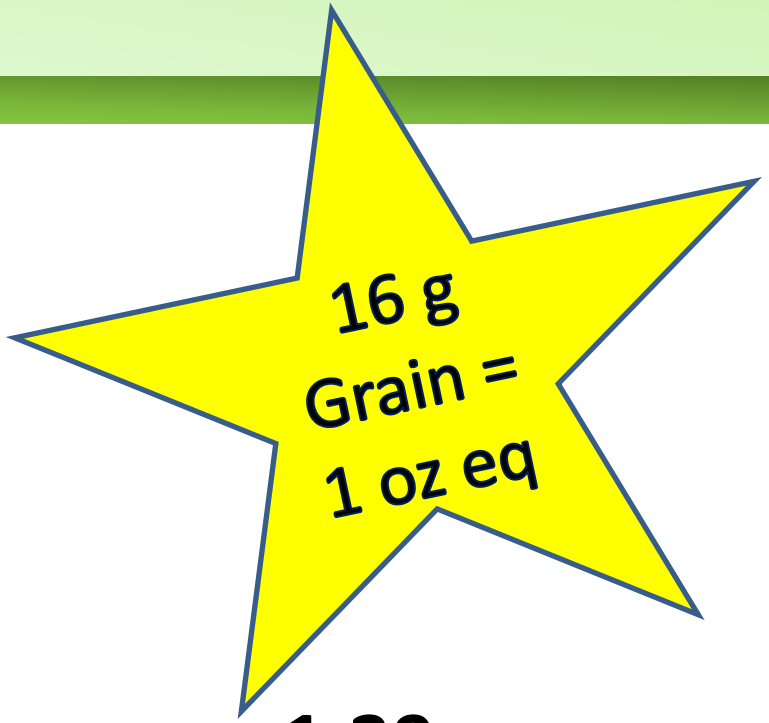
  24,948 grams /1,120 servings = **22.27 grams per serving**

Recipe: 000069 Dinner Roll
Recipe Source: This is good!
Recipe Group: BREAD/ROLLS/STARCH

Alternate Recipe Name:
Number of Portions: 1120
Size of Portion: each

050391 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED....	25 LB
902416 Flour, Ultra Grain Whole Wheat White.....	30 LB
019335 SUGARS,GRANULATED.....	4 OZ
002047 SALT,TABLE.....	11 OZ
001090 MILK,DRY,WHOLE.....	2 LB + 8 OZ

Divide by 16 grams Creditable Grain



- 22.27 g per serving /16 grams = **1.39 oz eq**
- 1.39 oz rounded down= **1.25 oz eq**

Child Nutrition
Maine Department of Education

Want an easier way?

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Use Your Scale

- For homemade grain items (breads, muffins) weigh the cooked item and check grain chart

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Calculating Weekly Requirements

	Monday	Tuesday	Wednesday	Thursday	Friday
	Mac & cheese with a roll 2 Grains 1 M/MA	Super Sloppy Joe 2 Grains 2 M/MA	Meatball Submarine 2 Grains 1.5 M/MA	Cheese pan pizza 2 Grains 1.5 M/MA	French Toast Sticks Sausage Patty 1.75 Grains .75 M/MA
	Ham and cheese sandwich 2 Grains 1.75 M/MA	Turkey and cheese sandwich 2 Grains 1.5 M/MA	Bagel & Cream Cheese 2 Grains 0 M/MA	Peanut butter and jelly sandwich 2 Grains 1 M/MA	Grilled chicken sandwich 2 Grains 2 M/MA
Min	**2 Grains 1 M/MA**	**2 Grains 1.5 M/MA**	**2 Grains 0 M/MA**	**2 Grain 1 M/MA**	**1.75 Grains .75 M/MA**

Weekly Grain Minimum: 9.75 servings
Weekly M/MA Minimum: 4.25 servings

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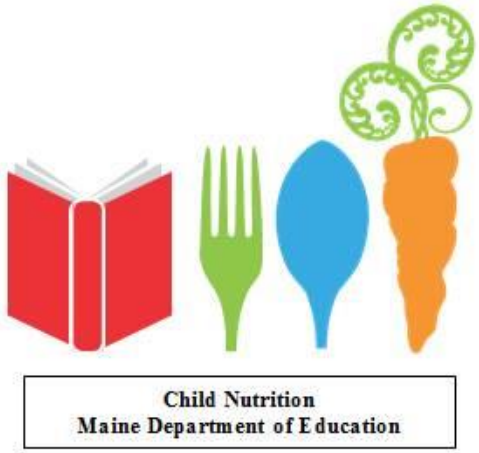

Questions?